House of Hezekiah



4305 Main KCMO 753-3312 open 11-6

HOUSE OF HEZEKIAH

We are a retail herb and spice store located in the heart of Kansas City, Mo. This catalog will acquaint you with many of the herbs and tea blends that we carry and will give you some of the folklore and traditional uses of these herbs.

If you are new to using herbs, we suggest you start out by trying a few of the herb tea blends, or the popular common herbs like peppermint and chamomile. As you become familiar with the different tastes and effects, you'll want to try other herbs. Using herbs is oftentimes fun, usually tasty, and always educational--don't be surprised if soon you are concocting teas, bath mixtures, potpourri, and the like for all your friends and relatives!

Speaking of friends, please feel free to pick up extra catalogs--we've got tons of them! We hope you enjoy this catalog and find it helpful. It is a pleasure for us to work in this store, and to share with you these wondrous gifts of the earth!

CONTENTS

Herb Tea Blends 2 - 5

Brewing Instructions 6

Ginseng 7 -11

Common Herbs & Uses .. 12 -27

Price List 28- 30

Mail Order Form 31

Who was Hezekiah?

Hezekiah was a Biblical king. He was an architect and a builder of roads, and he helped open spice trade routes in the Middle East. It is said that he valued herbs and spices as much as gold.

According to the Bible, late in his life he became very ill from an infected boil and was near death. After much weeping, praying, and beseeching, the Lord sent the prophet Isaiah to heal him, by applying a poutice made of fig leaves.

After this, he lived another 15 years, and was a strong believer in the healing power of herbs.

PLEASE NOTE: Information in this catalog is for educational use. It is not our intent to recommend these products for medicinal use.



HERB TEA BLENDS

Welcome to the wonderful world of herb tea! Here you will find delicious alternatives to caffeine charged black teas and coffees. We have herb teas to satisfy any taste and to suit any mood--teas to wake you up in the morning, quiet you down in the evening, soothe a sore stomach, calm jumpy nerves. And no caffeine--naturally!

ALFALFA MINT TEA

A most refreshing herb tea that combines the nutrition of Alfalfa with the cool flavor of Peppermint.

2oz. **$1.30**

BEARBERRY BLEND

An herb tea for stressed out kidneys. Contains Marshmallow to soothe, Uva Ursi to strengthen, Juniper Berries to cleanse, and Peppermint for taste. A good diuretic.

2 oz. **$1.60**

BRIGHT EYES TEA

A delightful wake-up tea without caffeine. Contains herbs reputed to strengthen the eyes, sharpen the thinking, improve the memory.

2 oz. **$1.80**

CELEBRATION!

A really tasty cinnamon-orange tea that everyone loves--even kids, husbands, and the ladies bridge club!

2 oz. **$1.60**

COLD COMFORT TEA

Hezekiah's special blend of those herbs that have been used for centuries to clear up congestion and relieve cold and flu symptoms. Tastes good too!

2 oz. **$1.80**

FASTING TEA

A blend of cleansing herbs designed to be taken just before a fast. Contains herbs commonly used to expel excess water, and to cleanse the digestive system and the blood .

2 oz. **$1.30**

"In all things of Nature there is something of the marvelous."

Aristotle

HERB TEA BLENDS

FEMALE TONER TEA

A unique blend of herbs traditionally used by women to balance hormones, regulate the cycle, and strengthen and tone the female organs.

2 oz. **$1.45**

GLORY EXPRESS TEA

A hearty, full-bodied mix of spices and roots reputed to build the blood. Warming and nutritious!

2 oz. **$1.60**

LAZY DAZE TEA

A most pleasant mix of calming, relaxing herbs. Ah-h-h.

2 oz. **$1.80**

LEMON MINT TEA

Oh, can there be anything more refreshing than the flavors of lemon and mint together? So good anytime!

2 oz. **$1.45**

LICORICE SPICE TEA

A cinnamon- orange spicy-sweet herb tea, greatly enjoyed by children and adults alike.

2 oz. **$1.80**

MOCHA SURPRISE

A delicious herb tea with a hint of mocha,very rich. Try it in place of coffee. Add milk or cream if you like.

2 oz. **$1.45**

MU TEA

An energizing Oriental blend of 16 herbs, including Ginseng--very "yang". This is a great one to kick the caffeine habit!

2 oz. **$5.60**

MU TEA #2

Another version of the famous blend. This one contains less Ginseng (making it less expensive) and a touch of Bancha tea--Bancha tea DOES contain a small amount of caffeine.

2 oz. **$3.00**

NEW LIFE DIET TEA

A special Hezekiah blend. Contains herbs commonly used to take off water, and cleanse the blood and digestive system.

2 oz. **$1.60**

"I've been on a constant diet for the last 2 decades. I've lost a total of 789 pounds. By all accounts, I should be hanging from a charm bracelet."

Erma Bombeck

HERB TEA BLENDS

PAPAYA-MINT TEA

This blend is considered helpful for digestive problems. Papaya stimulates digestion (it contains papain, an enzyme that promotes protein digestion), while peppermint is soothing.

2 oz. **$1.30**

RED RIVER TEA

Contains herbs traditionally used to cleanse the blood and tone up the liver. A good spring tonic, mildly cleansing.

2 oz. **$1.60**

"We had a kettle, we let it leak,
Our not repairing it made it worse.
We haven't had any tea for a week,
The bottom is out of our universe."

Rudyard Kipling

RED ZINGER

From Celestial Seasonings, an herb tea for happy moods. A tangy, citrus flavor--like pink lemonade!

2 oz. **$1.60**

ROASTAROMA MOCHA - SPICE

A delicious coffee substitute from Celestial Seasonings. Made of grains, herbs, and spices--very healthful.

2oz. **$1.80**

SLEEPY TIME TEA

A soothing tea for a nervous world from Celestial Seasonings. So, so relaxing, and pleasant tasting too.

2 oz. **$4.80**

Overheard on the bus:

"I'll never die in my sleep--
I don't sleep that well."

SPEARMINT SPICE TEA

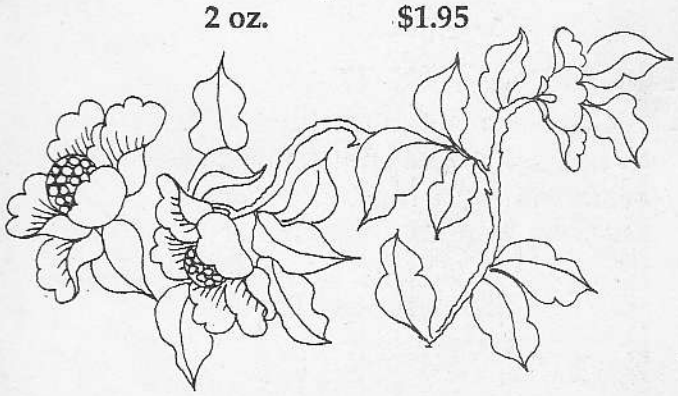
An enchanting blend of spice, mint, and orange. So good anytime.

2 oz. **$1.80**

SPICE DELIGHT TEA

A yummy mix of invigorating spices made naturally sweet with Licorice. Great for cold mornings!

2 oz. **$1.95**



SUNDANCER TEA

A lively mix of tonic and energizing herbs, makes a most delightful iced tea.

2 oz. **$1.95**

HERB TEA BLENDS

TEA OF LOVE

A very mellow tea for those in the mood for love. So fragrant!

2 oz. **$1.80**

> **"It is the hardest thing in the world to be in love, and yet attend to business."**
>
> Sir Richard Steele

TEA OF TRANQUILITY

Hezekiah's own blend of strong relaxing herbs, much loved by former insomniacs.

2 oz. **$1.60**

YOGI TEA

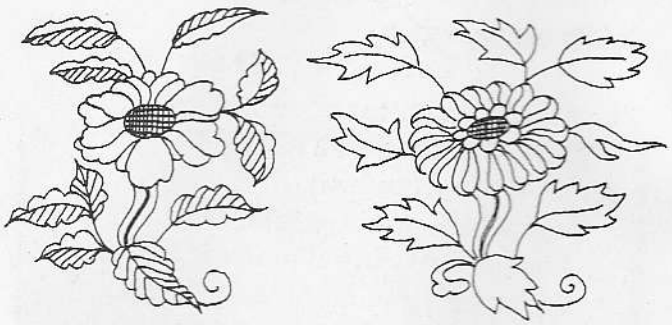
A spicy East Indian blend--it even has a few peppercorns thrown in for pizazz! Add milk and black tea if you like.

2 oz. **$2.75**

SWEET LEAF

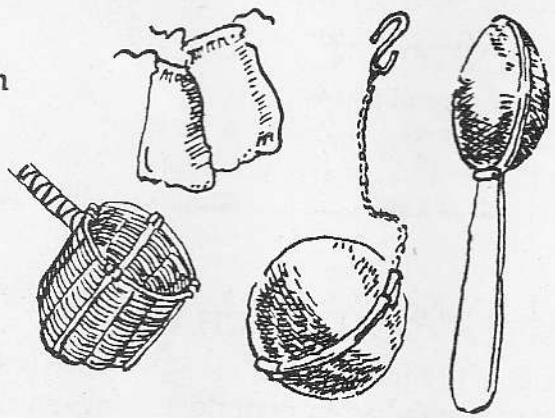
To sweeten your herb tea without calories, just add a pinch to your herb tea when brewing.

2 oz. **$2.10**



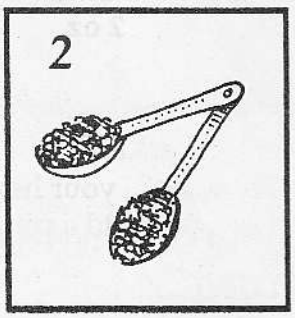
BREWING UTENSILS

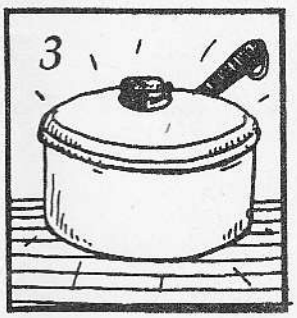
Cheesecloth Tea Bags (reusable)	25¢ each
Bamboo Tea Strainer	$1.25
Stainless Steel Tea Ball	$2.49
Stainless Steel Tea Spoon	$1.99

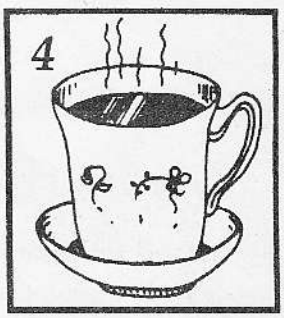


HOW TO MAKE HERB TEA









1. BOIL WATER

Use 1 cup water for every cup of tea. When water reaches a rolling boil, remove pan from heat.

2. ADD HERBS

Use about 2 teaspoons of herbs for every cup of water. Stir the herbs into the water, or use a teaball or teabag.

To sweeten your tea without adding calories, add a pinch of SWEET LEAF to your herbs.

3. STEEP

Put the lid on the pan, and let it set for 5-10 minutes.

If you are making tea from roots or barks (instead of leaves or flowers), you should let your herbs SIMMER instead of steep. After adding herbs, put the pan back on the heat, turn heat to the lowest setting, and let your tea cook for 10 minutes or so.

4. DRINK

Remove your teaball, or pour tea through a strainer into you cup.

MAKING TEA WITH POWDERED HERBS

Use about 1/2 teaspoon of herbs to 1 cup boiling water. Pour just a small amount of the boiling water into a cup with the powder and stir into a paste. Then add the rest of the boiling water while stirring. Do not strain.

1 oz. leafy herbs usually makes 12-15 cups tea.



GINSENG ROOT

Ginseng root. Aphrodisiac? Energizer? Panacea? It seems that everyone has a different idea about this wondrous plant!

WHAT DOES IT DO?

Ginseng root acts as a tonic, gradually building health and strengthening the entire body. It helps your body to restore and maintain its own natural balance--a balance that gives you the energy you need to live to the fullest!

Although Ginseng is relatively new to us, Orientals have been using it for thousands of years. In fact, they call it "wonder of the world" and "the king of herbs."

DOES IT REALLY WORK?

Modern Soviet, Chinese, and American research into Ginseng has established that Ginseng helps the body to combat stress, both physical and mental. (Stress is considered the greatest single health hazard facing us--the starting point for any number of diseases and ailments).

Research in America has linked Ginseng to increasing physical endurance and mental efficiency, stimulating metabolism, lowering blood sugar, and countering the effects of alcohol and drugs.

HOW CAN IT DO SO MANY THINGS?

Research has shown that Ginseng is an ADAPTOGEN. That is, it doesn't work on any one specific part of the body; instead, it normalizes and tones ALL of the body, and it increases resistance to adverse conditions and stress without harmful side effects.

WHAT WILL I FEEL WHEN I TAKE GINSENG?

At first, you probably won't be aware of feeling any differently, except maybe a bit more alert for a few hours after taking it. As you continue to take Ginseng daily, and as it builds up in your system (this usually takes a few weeks or so), you should notice a feeling of increased vitality: more energy, quicker thinking, better and faster digestion, increased sex drive , increased endurance and physical stamina.

The Ginseng is helping your body to become more efficient--and in the process you start feeling like the vibrant, whole person that you are. Think of it in the same way as getting your car tuned up--you get more miles per gallon and better performance!

WHICH KIND IS BEST?

There are several different types of Ginseng. We'll help you select the one best suited to your particular needs:

CHINESE GINSENG

Our most popular Ginseng because it is the most energizing. Very strengthening; rejuevanating to the sexual nature. Chinese roots have been cured to retain their potency (this is why they are red instead of white).

KOREAN GINSENG

Milder than the Chinese Ginseng, it is often preferred by women, vegetarians or those with a more delicate nature. Korean Ginseng roots are not cured, and are more alkaline in nature than the Chinese roots which have a more acid character.

ELEUTHERO (SIBERIAN) GINSENG

Actually comes from a different plant than the Oriental Ginsengs, although it has a similar chemical makeup. Often preferred by older persons, as it is less stimulating than the Oriental ginsengs, yet is strenghthening and a good long range tonic. Recent studies indicate that Eleuthero may be useful in lowering blood pressure and reducing cholesterol levels.

AMERICAN GINSENG

A more cooling, less invigorating Ginseng, often used during periods of hot weather. (This is why Orientals prefer American Ginseng, while at the same time they export their own to us--ours is better suited for use in their warm climate.)

GINSENG ROOTS

CHINESE RED GINSENG ROOT

Chinese Ginseng roots are graded by age--the longer the root has been growing, the more potent it will be. These roots are from the Kirin growing district, Manchuria, China.

GRADE #3 ROOT

Medium potency root, good for daily use as a tonic and energizer.

whole root (10 day supply)	$4.50
Sliced root (10 day supply)	$4.50

GRADE #1 ROOT

Highest potency, increases energy levels quickly.

Whole root (3 week supply)	$20.00
Sliced root (10 day supply)	$10.00

KOREAN GINSENG ROOT

Heaven grade, highest quality white roots.

Whole root (2 week supply)	$14.00

AMERICAN GINSENG ROOT

From Wisconsin.

Whole root (2 week supply)	$9.00



GINSENG ROOT

USING YOUR GINSENG ROOT

- Chew a small piece every day.

- Place the tip of the root in your mouth until it softens enough to bite off a piece about the size of your little fingernail.

- Leave in the back of your mouth (it's absorbed best by the sublingual glands under the tongue) until it's very soft, then chew and swallow.

(Ginseng Root tastes something like raw carrots or parsnips.)

If you would like to slice your root into bite-size pieces: Steam the root over boiling water for 1 minute or so--just long enough for it to soften. Then slice it with a very sharp knife or scissors, and allow the pieces to dry out again.

GINSENG CAPSULES

CHINESE RED GINSENG

50 caps	$10.95
100 caps	$19.95

KOREAN WHITE GINSENG

50 caps	$10.00

ELEUTHERO GINSENG

50 caps	$6.00

GINSENG TEA

KOREAN GINSENG TEA

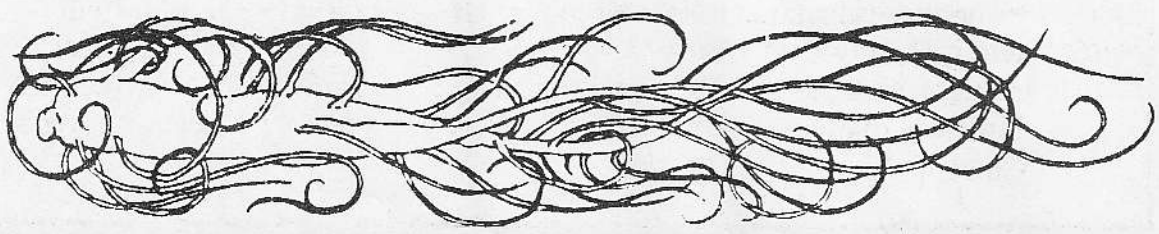
It's instant! Disolves in hot or cold water. A mild potency Ginseng with sweetener (tastes good!).

Box of 10 packets	$2.25
Box of 100 packets	$19.00

ELEUTHERO TEA BAGS

Pure Ginseng leaves, no sweeteners.

20 tea bags	$5.50



GINSENG EXTRACTS

PANAX EXTRACTUM

Red Chinese Ginseng . Our most popular, highly recommended!
1.76 oz. bottle with dropper $12.00

PANAX GINSENG EXTRACT

Chinese Ginseng with rice wine and a fresh Ginseng root. Honey sweetened.
8.8 oz. $8.99

KOREAN GINSENG PASTE

A very thick, dark concentrated paste.
1.06 oz. $24.00

ELEUTHERO EXTRACT

Comparable to the Oriental extracts.
2 oz. $12.00

GINSENG SUPPLEMENTS

SUPERSONIC TONIC

Hezekiah's own blend for those on the go. Combines the long term benefits of Ginseng with the immediate stimulation of herbs high in caffeine. Contains Ginseng, Fo-ti, Gotu Kola, Damiana, Kola Nuts, Guarana.
50 capsules $7.50

REBOUND

An herbal energy supplement for those who like caffeine. Along with Ginseng, it contains Guarana and Kola Nuts, herbs that are naturally high in caffeine. Cayenne and Beet Root are added to enhance the energy lift, as well as a touch of Wood Betony to take the edge off the stimulating herbs.
50 capsules $7.00

For Maximum Benefit:

- Take your Ginseng once a day. Early in the day is best, since it is stimulating. (You may have trouble sleeping if you take it too late in the day).

- It's best not to take Ginseng on an empty stomach since it often lowers the blood sugar (if you notice feeling dizzy or light headed after taking Ginseng, this is why).

- Acidic foods such as fruits, juices, coffee, and sugar interfere with your stomach's absorption of Ginseng. The same goes for Vitamin C. Wait a few hours between taking Ginseng and these type foods.

- There is little danger of using too much Ginseng since the body will eliminate any that it can't process. But, if you find that you often feel restless, irritable, or hyper, or if you aren't sleeping as well as usual, this indicates that you are probably using too much Ginseng, or too strong a Ginseng.

GINSENG ROOT

DRAGON EGGS SUPPLEMENTS

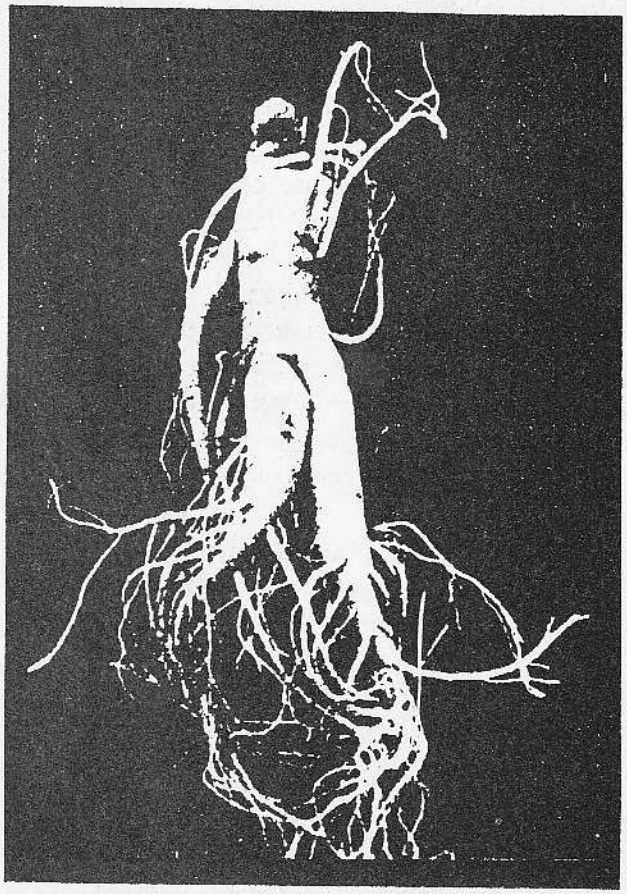
Classical Chinese medicine emphasizes not the use of single herbs, but individually tailored herbal formulas. Most often, Ginseng is combined with other herbs to make a balancing tonic.

This line of supplements was designed by Chinese herbalists for American energy problems. We have found all the formulas to be well-balanced and very helpful in achieving well-being.

FOUR GINSENGS

Supportive and balancing herbs for endurance, stamina, revitalization. Contains 4 types of Ginseng, Fo-Ti, and other strong Oriental herbs for rebuilding.

30 tablets $10.95



EXPRESS TABLETS

Powerful herbs for quick energy. Circulates energy without draining the body. Contains Ephedra (see page 19), 3 kinds of Ginseng, fo-ti, royal jelly, and more.

30 tablets $10.95

WOMEN'S LONGEVITY

Blend of Dong Quai (see page 18), and other supportive herbs for rebuilding and balancing the woman's system. Has been used for painful and irregular menstrual cycles, hormone imbalances, PMS, menopausal difficulties, infertility.

30 tablets $10.95

PEACEFUL

Unique calming blend for breaking emotional knots, nagging mental problems. Tranquilizing. For occasional use only.

30 tablets $10.95

SAGE'S GINSENG

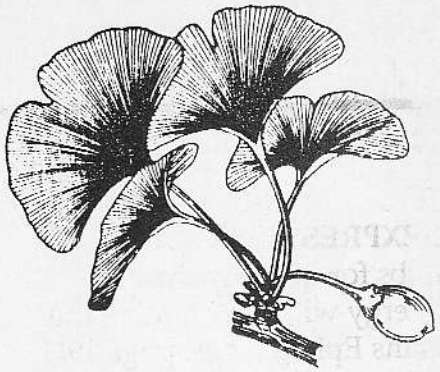
Contains genuine WILD Chinese Ginseng and other strong Chinese herbs, contributing large amounts of deep energy to the vital organs. VERY stimulating. For occasional use only.

Per tablet $1.00

DRAGON BREW

A liquid tonic with over 30 different herbs. Live bacterial cultures speed up digestion and improves the assimilation of the herbs. Very potent stuff!

6.3 oz $11.95



COMMON HERBS AND THEIR USES

The history of the usage of herbs is indeed a history of civilization itself. By trial and error, early man discovered that certain plants could be used as remedies for illness and injury.

As civilization spread around the planet, so too did the usage of herbs. Each culture developed its favorite herbal remedies. Herbal folklore was handed down from mother to daughter, generation to generation, each one expanding on the past.

American settlers brought with them seeds for growing the healing herbs familiar to them in their native countries. The immigrants also learned about our American plants and their uses from the Indians and early pioneers. In the South, slaves, accustomed to relying on herbs for food and medicine, quickly learned about native plants and how best to use them.

With the advent of chemical medicine, some of this knowledge was forgotten as people came to rely more upon the family doctor and "modern" drugs for healing.

However, about 60% of our modern parmacueticals are still derived from plant sources. And, current scientific research is showing that many traditional herbal remedies are effective (and oftentimes safer than our more sophisticated drugs).

Today, many of us are rediscovering the wonderful healing properties of herbs. Herbs can be used as balancing tonics in achieving and maintaining optimum health, as well as simple remedies for the minor complaints that arise in daily living.

The herbs described in this section all have a long history of common use. They are generally made into teas (for directions, see page 6) and consumed freely until symptoms are completely gone. Results are often slower than with pharmacueticals, but are seldom accompanied by serious side effects. *But if you are using an herb for the first time, exercise caution until you become familiar with its effects.*

PLEASE NOTE: It is not our intention to prescribe herbs, nor to reccommend the use of herbs for serious illness. One should always seek professional health care for serious or prolonged ailments.

But, herbs can be used in building and maintaining health, and to ease temporary discomforts or minor complaints for which you would not normally seek medical attention.

COMMON HERBS

ANGELICA ROOT

This pungent herb is valued as a warming tonic, said to be especially good for coldness in the winter, and to increase circulation to fingers and toes. Widely used in the Orient for cold, yin conditions common to women on low meat diets.

Also reputed to relieve spasms of the stomach and intestines and dispel gas. Tends to increase the sugar in the blood.

BATH HERBS

Turn an ordinary bath into a delightful experience with fragrant and soothing herbs! Steep a handful of herbs in 2 quarts boiling water for 10-15 minutes. (For a truly luxurious bath, steep the herbs in a cup of oil or milk instead of water). Strain into the bath. Create your own blend or try one of ours:

ORIGINAL BATH HERBS--Soothing to sore muscles, relaxing.
MOISTURE BATH--For dry skin, contains oatmeal and demulcent herbs.
SERENITY BATH--So, so relaxing, calming.
VITALITY BATH--Increases circulation, induces sweating.

"O, great is the powerful grace that lies
In herbs, and plants,
and their true qualities."

Shakespeare, *Romeo and Juliet*

BEE POLLEN

High in proteins (it contains all the essential amino acids), B vitamins, and carbohydrates. It's easily digested, and often used for rebuilding the body following illness. Bee pollen tastes a little sweet , like honey, and a little strong, like vitamins.

Often consumed for the quick energy it gives, owing to the high protein and carbohydrate content. Some athletes and runners have claimed that taking bee pollen before workouts increases energy and endurance.

For those with allergies: Use caution. Start with very tiny amounts (too large a dose can trigger a pollen reaction) and increase very gradually over a period of weeks to build up resistance to pollen allergens. Do not start taking bee pollen during allergy season, or when you are already experiencing allergy symptoms.

MAGIC WATER

The famous French beauty, Ninon de Lenclos, retained her youthful appearance to such a remarkable degree that young men fell in love with her when she was 70 years old! Among her closely guarded beauty secrets, was this recipe for her daily herbal bath:

Take one handful each of dried lavender flowers, rosemary leaves, mint, comfrey root, and thyme. Mix all together loosely in a muslin bag. Place in your tub, pour on enough boiling water to cover and let soak for 10 minutes. Then fill up the tub. Rest 15 minutes in the "Magic Water" and think virtuous thoughts.

BEET POWDER

Just like mother always said, beets are good for building the blood. They contain iron, and, unlike most forms of iron, it is easily digested.

Beet powder, mixed with water, juice, or vegetable broth, can be taken to increase circulation (very good for cold fingers and toes), provide iron, and to strengthen a weak condition. Beet powder has a sweet, pleasant taste (like beet juice).

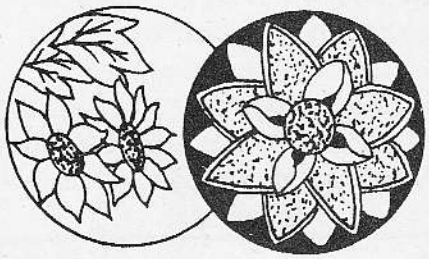
BLACK WALNUT

An astringent herb most commonly used for diarrhea. Also commonly used to kill intestinal parasites in adults, children, and pets. Travelers often carry a bottle of BLACK WALNUT tincture. Black walnut poultices or tincture have been used to treat ringworm.

> **"He causeth grass to grow**
> **for the cattle,**
> **And herb**
> **for the service of man."**
>
> Psalms 104:14

BLUEBERRY LEAF

An old-time remedy to lower blood sugar. Current research has shown that blueberry leaves stimulate the pancreas to produce insulin.



BORAGE

This pleasant herb, with its cucumber-like taste, has an ancient reputation of dispelling melancholy and giving courage. European peasant women knew borage as a "mother's herb." They used it to increase milk in new mothers, and to expel pensiveness and depression.

Interestingly, modern research has found that borage contains high amounts of potassium, calcium, and other important minerals that stimulate the adrenal glands.

> **"I, Borage**
> **Bring always courage."**

BUCHU

One of the most well known herbal diuretics, this aromatic herb is used for all bladder and kidney disorders (given as a cool infusion). Often combined with UVA URSI for treatment of water retention, and urinary tract infections.

BURDOCK ROOT

Burdock is considered a valuable blood purifier, and is often used in the treatment of arthritis and rheumatism. Said to reduce swelling and deposits in the joints and to clear the blood of harmful acids.

Burdock has a long history of use for boils, skin eruptions, and styes, and is commonly used for all skin problems. Provides an abundance of iron. Causes sweating. Has a pleasant woody flavor.

CASCARA SAGRADA (Sacred Bark)

One of the most common laxative herbs known, once marketed as "Doans Pills." Small amounts are said to regulate the bowels and to restore tone. Often used for hemorrhoids associated with poor bowel function.

A bitter herb, Cascara is believed to stimulate secretions of the entire digestive system, including liver, gallbladder, stomach, and pancreas. Can be taken on an empty stomach or upon retiring as it helps to relax and soothe the digestive system. Combine with anise or fennel seeds to prevent griping.

"What rhubarb, senna,
or what purgative drug
Would scour these English hence?"

Shakespeare, *Macbeth*

CATNIP

One of the most commonly used herbs for indigestion, gas, nervousness, tension, and pain. Pioneer women used it to quiet teething babies (also good for colic), and fussy children. Still a popular herb for children and infants, and often combined with CHAMOMILE, SPEARMINT, or LEMON BALM.

Often used for fevers (causes sweating which reduces fever) and flu (checks vominting, and upset stomach). Has a most pleasant, minty taste.

CATNIP is an ingredient of Hezekiah's COLD COMFORT TEA.

HOT FOOT POWDER

1 oz. cayenne
1 oz. ginger
1/4 cup cornstarch or talc

Mix together and sprinkle inside your socks to keep your toes warm!

CAYENNE PEPPER

Often used by herbalists as a warming tonic. Increases circulation and cleanses the blood, making it thinner. Often taken for colds as it helps warm the body and break up congestion.

A NOTE ABOUT LAXATIVES

Strong laxatives like CASCARA, BUCKTHORN, SENNA, and RHUBARB are peristolic laxatives: they stimulate contractions of the intestinal muscles (hence the griping sensations).

Milder laxatives such as LICORICE and SLIPPERY ELM are soothing lubricants.

Bulk laxatives, such as PSYLLIUM SEED, FLAX SEED, and CHIA SEED swell up with water and increase bulk and fiber in the intestines. They are also lubricating and nutritive.

CAUTION: Regular use of strong peristolic laxatives like SENNA can lead to laxative dependency.

CHAMOMILE FLOWERS

One of the most widely used herbal teas. Considered a valuable calming drink for restlessness, nervous stomach and insomnia. Since the Middle Ages, it has been safely used for children in the treatment of colds, indigestion and nervous problems. Also commonly used to relieve menstrual cramping. Has a lovely sweet apple-banana flavor!

At one time in Europe, it was the custom to grow lawns of Chamomile (grasses were considered weeds and were pulled out!).

CHAPARRAL

This desert herb has been commonly used by American Indians as a strong blood purifier and liver cleanser. The popular JASON WINTERS TEA (used in holistic cancer therapies) combines CHAPARRAL, RED CLOVER, and GOTU KOLA.

Chaparral is considered a strong herbal antibiotic, and is used in the treatment of viruses, bacterial infections, and parasites. It is often taken for colds and flu, swollen glands, inflamations of the respiratory tract, and urinary tract infections. Usually taken as an extract because of its extremely bitter taste.



HERBIOTIC TINCTURE
contains Chaparral, Echinacea, and Golden Seal.

CHICKWEED

This cool, mild tasting herb is popular as an aid in reducing excess fat, having both mild diuretic and laxative properties. Believed to be of great value in treating blood toxicity, fevers, inflammation and other "hot" conditions. Externally, used as a soak for swollen ankles, or as a poultice for boils and sores.

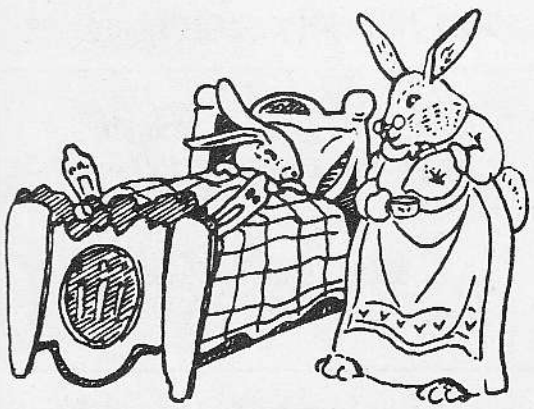
CHICKWEED is the main ingredient of Hezekiah's NEW LIFE DIET TEA.

I am sorry to say that Peter Rabbit was not very well during the evening.

His mother put him to bed, and made some chamomile tea; and she gave a dose of it to Peter!

"One table-spoonful to be taken at bed-time."

from *The Tale of Peter Rabbit*,
by Beatrix Potter



COMMON HERBS

COMFREY

Comfrey is commonly used as a soothing demulcent in the treatment of ulcers and digestion problems. It promotes the secretion of pepsin, an enzyme necessary for protein digestion. It is mildly laxative, and very soothing to the intestinal tract.

Comfrey contains allantoin, a cell proliferant, which helps wounds to heal more quickly. Indeed, at one time it was known as "Knit-Bone" and was commonly used as an aid in the healing of broken bones, sprains, muscle cramps, swellings.

"Even as the green herb
I have given you all things."

Genesis 9:3

CORNSILK

In the old days, a tea made from corn silk was a popular folk remedy for complaints of the bladder. During the late 1800's, physicians commonly recommended it as a diuretic and for cystitis. It is believed to help neutralize acids in the system, thereby relieving the soreness and burning characteristic of cystitus.

"Human beings were created
by water as a way to get
from one place to another."

Tom Robbins, *Another Roadside Attraction*

DAMIANA

A most pleasant tasting herb tea, especially with a dab of honey and served iced.

Has a reputation as an aphrodisiac in its native Mexico. Is believed to balance hormones, and is popular as a tonic for older persons, and for women experiencing the change of life. Often combined with SAW PALMETTO BERRIES for use as a sexual tonic.

A cup of damiana tea before bedtime is said to relax one's inhibitions.

DAMIANA is the main ingredient of Hezekiah's TEA OF LOVE.

DANDELION ROOT

Dandelion is a native of Greece but has spread to nearly every corner of the world--would that we all could be as adaptable as this lowly garden weed! The herb was first mentioned as a medicine in the writing of Arabian physicians around the 10th century.

Dandelion is most commonly used for all complaints related to the liver. It is said to purify the blood and neutralize the acids in it. In earlier times, it was so valued as a tonic and blood purifier that it was cultivated in gardens.

With proper diet, herbalists use dandelion to treat hypoglycemia and anemia (it absorbs more iron from the soil than any other plant, as well as copper and other nutrients), to lower blood pressure, and to clear obstructions of the spleen, pancreas, gallbladder and kidneys.

DANDELION is an ingredient of Hezekiah's RED RIVER TEA.

DEVIL'S CLAW ROOT

This African herb, though not well known in this country, is commonly used in England and in Africa as a folk remedy for arthritis and rheumatism. Studies have shown it to be anti-inflammatory in some cases.

It is believed to work by assisting the body's own detoxifying system, producing increased activity in the liver, thus helping the body to rid itself of accumlated poisons. Devil's Claw is also believed to exert a cleansing influence on the lymphatic system, and the gall bladder, pancreas, kidneys, stomach and intestines.

According to the book, About Devil's Claw, one should start with a small dose (1 capsule per day) and gradually increase up to 2 capsules 3 times daily before meals. Since it is such a strong liver cleanser, take it for up to 9 weeks, then discontinue use for 2 weeks.

DONG QUAI ROOT

For centuries, Oriental women have been using Dong Quai for its reputed balancing effect on the female system. It has been used in the treatment of almost every female ailment.

Women have found it especially useful for menopausal symptoms (hot flashes), premenstrual symptoms like mood swings, painful or irregular menstrual cycles. Some have used Dong Quai in the hope of increasing fertility.

Occcasionally, a woman will find that a combination of herbs like WOMEN'S LONGEVITY FORMULA (Dong Quai is the main ingredient along with many other Oriental balancing and toning herbs) will be more effective than the Dong Quai by itself.

ECHINACEA ROOT

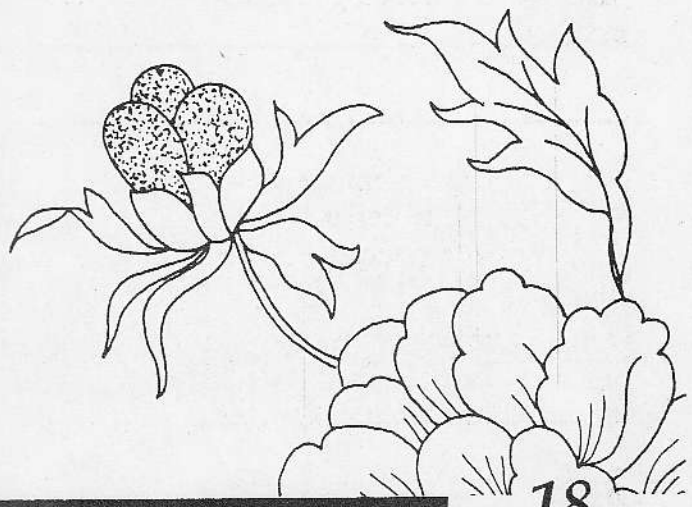
This beautiful native prairie plant is known by oldtimers as "Kansas Snake Root." It's large purple and pink daisy-like flowers (called purple coneheads) can be spotted growing in fields all over Kansas and Missouri.

Echinacea is one of the most popular herbal blood purifiers and lymphatic cleansers. It has a long history of use in treating bacterial and viral infections (in studies, echinacea has been shown to promote production of white blood cells). It is believed to help strengthen the immune system.

Echinacea is one of the most commonly used herbs for swollen glands, sore throats, infections. It is also frequently used for conditions such as eczema, acne, and boils, thought to indicate contaminants in the blood. Echinacea tincture has a strong numbing effect and is often used for toothache.

"A weed is a plant whose virtues we have not yet discovered."

Ralph Waldo Emerson



COMMON HERBS

EPHEDRA (MA HUANG, MORMAN TEA)

Ephedra has been used for over 5000 years in China as a decongestant to treat coughs, colds, headache. It is the source of ephedrine, an antihistamine, a common ingredient in commercial decongestants.

Ephedra is stimulating, and is often used in herbal energy preparations (it's the main ingredient of the popular EXPRESS tablets).

EUCALYPTUS LEAVES

This aromatic herb (it smells like Vicks!) is most often made into a "steam" for head colds, and respiratory difficulties. The leaves can be boiled to freshen the air and kill bacteria.

Eucalyptus oil is often rubbed onto pets and people to repel fleas and mosquitos. Use 1 teaspoon of the oil to 1 cup water; shake well, and apply with a spray bottle.

EYEBRIGHT HERB

In old times, a tea made with this herb was commonly used to wash sore, tired eyes--hence, the herb came to be known as "Eyebright." Country people also drank the tea in the belief that it would improve eyesight .

Herbalists today classify Eyebright as a cooling herb that aids the liver in detoxifying, thus relieving the conditions that affect clarity of vision and thought. It is commonly used as an eyewash and drunk as a tea.

FENUGREEK SEEDS

Brewing these seeds yields a pleasant tea with a flavor reminiscent of maple and vanilla. Fenugreek is an expectorant (breaks up congestion), and is commonly used for all excessive mucous conditions and for lung congestion. Herbalist Michael Tierra recommends making a tea by boiling 1 oz. of seeds with 7 black peppercorns.

Fenugreek is also demulcent (soothing to sore tissues), and has been used in the treatment of ulcers and inflamed conditions of the stomach and intestines. Also commonly used in the treatment of gout and diabetes.

To Make An Herbal Steam:

Boil a large pot of water. Remove from heat and add your herbs--about 1 Tablespoon per quart of water. Put the lid on the pot, and let it steep for 5 minutes or so.

Then make a tent by draping a towel over your head and over the open pot of steaming herbs. Breathe vapors until water cools.



FEVERFEW

These pretty daisy-like flowers and leaves are commonly brewed into a tea for headaches. One well known study concluded that regular use reduced the frequency and severity of migranes.

FO-TI ROOT

In the Orient, Fo-ti is known as a rejuvenating tonic, much used to restore energy, and maintain strength and vigor. Chinese herbalists consider Fo-ti a warming and nutritive tonic, a strengthener of the kidneys, liver, and blood.

In our country, Fo-ti is often used for problems with the nerves, to treat depression, to rebuild the nerves following periods of excessive mental or physical stress, and to boost energy.

FRANKINCENSE

This resin (from a type of pine tree) is burned as incense--most of us associate the pleasant, clean aroma with Catholic churches.

> "They presented unto him gifts: gold, and frankincense, and myrrh. By gold was shown the power of a King, for gold pertaineth to tribute; by frankincense was shown divine majesty, for incense pertaineth to sacrifice; by myrrh was shown man's mortality, for myrrh pertaineth to burial."
>
> *The Story of Three Kings,* 14th century

GARLIC

This strong, pungent herb has been espoused as a home remedy in practically every culture. It is most frequently used for high blood pressure (much research has been done on this), infections (including candida), and colds and respiratory ailments.

We sell garlic in an easy-to-use liquid extract.

> "For one believeth that he may eat all things; another, who is weak, eateth only herbs."
>
> Romans 14: 2

GINGER ROOT

Ginger is a most wonderful herb, useful for stimulating digestion (chew a piece of candied ginger after a too-filling meal). It is commonly used as an antacid--it blocks the breakdown of Pepsinogen to Pepsin--which is what irritates the tissues and leads to peptic ulcers. Take Ginger before meals to relieve chronic gas. Studies have shown it more effective than Dramamine in quieting motion sickness.

Ginger is warming and breaks up congestion. Use it at the first sign of a cold. Add a few tablespoons to bathwater to induce sweating and open the pores.

GINGER is the secret ingredient of Hezekiah's VITALITY BATH MIX!

GOLDEN SEAL ROOT

This most bitter herb is commonly used as an expectorant (breaks up phlegm) by those suffering sinus congestion and respiratory ailments. It also has a reputation for killing bacteria and removing toxins from the digestive tract. In the Ozarks where it grows, it was once commonly known as "the poor man's penicillin" and was regarded as a cure-all; it was used to treat infections of all kinds, particularly for nose, throat, and stomach ailments. It is often used as a gargle by those suffering from canker sores.

Caution: Since Golden Seal kills bacteria in the digestive tract, including the healthy intestinal bacteria, it is best to use it only for short periods (3 to 10 days is usually sufficient) and to follow it up with yogurt or acidolpholus (to replenish the bacteria).

GOLDEN SEAL can lower blood sugar, and should not be used by those with hypoglycemia.

"Sweet to the taste
is bitter to the stomach;
Bitter to the taste
is sweet to the stomach."

GOTU KOLA HERB

This cooling herb comes from India where it is well known as the "Brain Food" and as an aid to improving memory. Gotu Kola is the preferred food of elephants!

GOTU KOLA is the main ingredient of Hezekiah's BRIGHT EYES TEA.

HAIR HERBS

This special Hezekiah mixture contains all the best herbs for hair and scalp. To use: add 1 oz. to a pint of apple cider vinegar (vinegar restores the proper ph to the scalp); shake well, and leave closed for 7 days.

To use as a rinse after shampooing: strain out 2 tablespoons and mix with a cup of water. Pour into hair, rub into scalp. Let set a minute or so before rinsing.

HAWTHORN BERRY

Hawthorn berries are commonly used for conditions related to the heart. They are said to imporove circulation, strengthen the heart muscle, remove deposits in the arteries, prevent hardening of the arteries.

Also used for inflammation of the heart muscle, and for nervous heart conditions. Hawthorn is believed to normalize blood pressure by regulating heart action; extended use often lowers blood pressure.

HYSSOP

Hyssop has been used since biblical times for its strong cleansing properties. It is also commonly used to increase circulation and improve sluggish digestion.

HYSSOP is an ingredient in Hezekiah"s RED RIVER TEA.

"Purge me with hyssop,
and I shall be clean."

Psalm 51: 7

LAVENDER BLOSSOMS

Lavender has a fresh, clean scent reminiscent of Grandmother's linen closet! It is used in making potpourri, bath mixtures, soaps, cosmetics.
Lavender tea is quieting and soothing, and is often used for headache and nervous conditions.



"Lavender is of especiall good use for all griefes and paines of the head and brain."

Parkinson's Herbal, 1640



HERBAL SLEEP PILLOW

1 oz. rose petals
1 oz. lemon balm
1 oz. red clover
1 oz. orange peel or blossoms
1 oz. lavender
1 oz. chamomile

Mix all ingredients. Sew a pillowcase about 8 inches square using a loosely woven cotton cloth. Stuff the herbs inside and sew shut. Put your herb pillow inside your regular pillowcase--as you sleep, your movements will release the fragrance of the herbs.

LEMON GRASS

This very sweet, lemon flavored herb can be added to other herb teas for flavor. It is high in vitamon A, too. In Jamaica, natives call it SWEET GRASS and make tea for children with it.

LICORICE ROOT

One of the most commonly used herbs all down through history. Great quantities of licorice were found buried in King Tut's tomb! Licorice is an expectorant (breaks up congestion) and a demulcent (soothes mucous membranes) and is widely used for sore throats, coughs, and hoarseness. It's also slightly laxative, and has frequently been used for ulcers and intestinal inflammations.
Many a mother has given her teething child a licorice root to chew on. Adults, too, chew licorice roots instead of candy--it is soothing to the throat and has helped many people stop smoking!

MULLEIN LEAVES

In the Middle Ages, this light, feathery herb was often used as a remedy for coughs in cattle. When the people who tended the cattle began using it themselves for bronchial troubles, its usage spread rapidly. Today, Mullein is the most widely used herb for respiratory problems. Herbalists recommend it for asthma, hay fever, congestion, coughs, sinus trouble.

Hezekiah's grandmother, an Ozark woman, was well known for her habit of smoking mullein in a pipe to relieve her asthma!

MULLEIN is the main ingredient of Hezekiah's COLD COMFORT TEA.

COMMON HERBS

MYRRH

Myrrh was considered very valuable in Biblical times because of its antiseptic properties. It was burned as incense to purify the air, applied to wounds, and drunk as a tea for illness and infection.

Today, myrrh is often made into a wash for sores, wounds, hermorrhoids. The tea is commonly used as a mouthwash for sore gums or sore throat. It's often used as a tooth brush powder.

NETTLE

A widely praised nutritive herb, high in iron, silica, calcium, and potassium. Used throughout the world as a spring and summer tonic. Has a reputation as a cleansing cure-all for the stomach, gall bladder, and kidneys.

Nettle is one of the best herbs for the hair and scalp (a nettle hair rinse will remove even the most stubborn dandruff).

NETTLE is the main ingredient of Hezekiah's HAIR HERBS.

NETTLE SOUP

1/4 cup dried Nettle, soaked in water
2 large potatoes, cubed and boiled
1/2 cup cream or milk
salt and pepper to taste
chives and parsley for garnish

Whirl all ingredients in blender until smooth. Regrigerate and serve chilled, garnished with chives.

OSHA ROOT

This root has a strong celery-like odor and flavor. It is known as "Colorado cough root" in the Rockies where it grows, and is commonly used as an expectorant and antibiotic. Osha also seems to be effective against viral illnesses characterized by fever, chills, swollen glands.

After a few days use of this wonderful herb, you may notice smelling of Osha!

"Doth not even nature itself teach you?"

1 Corinthians 11:14

PAU D'ARCO (TAHEEBO)

Taheebo is the inner bark of a tree that grows in the Andes Mountains of South America. It has been used as a curative and therapeutic tea for over 1000 years by the Callawaya Indians of South America.

It is reputed to be a strong detoxifier possessing antibacterial and antiviral properties, and effective in building the body's immune system. Often used in holistic cancer therapies.

PEPPERMINT

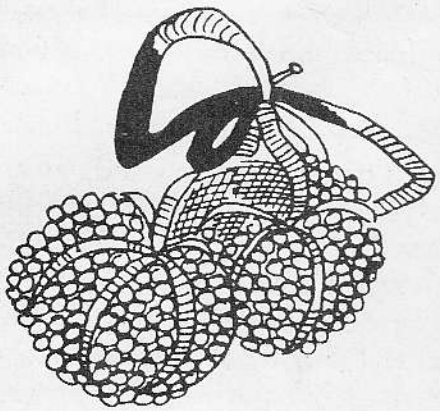
A favorite beverage tea all over the world, lovely peppermint is also soothing to the stomach. Often used to relieve indigestion, and control spasms and diarrhea. Also commonly used for headache, muscle cramps, sinus congestion, and nerves.

A popular herb for children, often combined with chamomile for upset stomachs, restlessness, or fussiness. Makes a delicious iced tea too!

POMANDERS

Take an orange, lemon, apple, or other small fruit. With an ice pick, punch holes into it, then stick cloves into the holes (leave a little space between the cloves as the fruit will shrink as it dries). Then place it into a dish containing a mixture of orris root and any spices you like such as cinnamon, allspice, etc. Leave it for a few days, rolling it in the mixture every now and then. Then hang it up to dry in an airy spot. When completely dry, tie with a ribbon and hang in a closet.

Pomanders make delightful gifts, and they are easy enough for children to make. My mother still has one that my sister, who is now 40, made when she was in Campfire Girls--and it still smells!



POULTICES

Poutices are used to soothe and apply moist heat to a specific area. The herbs should be powdered or cut fine and mixed with a binder such as oatmeal, flax, or slippery elm.

To make a poultice: mix the herbs with enough hot water to make a thick paste. Spread on the skin while the poutice is as hot as you can stand it, and wrap with a clean cloth or towel. Leave on until cool--at which time you may want to apply another hot poultice.

POTPOURRI

Potpourri is a fragrant mixture of dried flowers, spices, and herbs usually kept in a covered jar--periodically the lid is removed long enough for the beautiful scent to permeate the room.

To make a potpourri, just mix together dried flowers and herbs (use rose petals and cuttings from your garden), add a fixative like ORRIS ROOT to preserve the scent, and a few drops of your favorite perfume oil. You needn't follow a recipe or be overly concerned about how much of what to use--it's a bit like making stew from leftovers!

House of Hezekiah also sells many ready made potpourri blends--delightful fragrances to suit every mood!

ROSE POTPOURRI

2 oz. rosebuds or petals
1 oz. lavender blossom
1/2 oz. lemon verbena
1/2 oz. calcitrappe or cornflowers
1 teaspoon chopped cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 oz. orris root
1 tonka bean, crushed
5 drops jasmine oil
5 drops rose oil
2 drops geranium oil

Mix all ingredients together, adding the oils with an eyedropper. Shake well, and leave closed up for several days so the fragrances can mix.

COMMON HERBS

HERBAL MOTHBALLS

Mix equal parts of rosemary, tansy, thyme, mint, southernwood, and a pinch of ground cloves. Put into cloth bags and store among your clothes.

PSYLLIUM SEED

Used as a bulk laxative. That is, it absorbs intestinal fluids and swells up, thus increasing bulk in the intestines. Its high mucilage content makes it a soothing lubricant also useful in treatment of ulcers, colitis, hemorrhoids.

To use: use 1/2 to 1 teaspoon of psyllium to 1 cup water or juice. Add the water slowly to the powder while stirring (like making gravy). Shake in a tight jar or mix in a blender for best results. Drink it down immediately.

An easy way to take psyllium seeds or powder is to mix it with breakfast cereal, honey or jam. Ditto, flax seed.

RED CLOVER BLOSSOMS

This gentle, pleasant tasting herb (it was once known as "honey stalks") is widely used for its reputed cleansing, calming properties. Commonly used for high blood pressure, nervousness, tension. Used in many herbal cancer therapies because of its gentle, balancing actions.

RED RASPBERRY LEAVES

This herb has been used for many centuries by pregnant women in the belief that it strengthens the uterine muscles, eases the pain of labor. It is often combined with spearmint as a tea for morning sickness.

Because it is astringent, it has been used for diarrhea, and as a gargle for sore mouths. Also to reduce menstrual cramps and to slow a too-heavy flow.

RASPBERRY is the main ingredient of Hezekiah's FEMALE TONER TEA.

**"The fruit shall be for food,
and the leaves for healing."**

Ezekiel 47:12

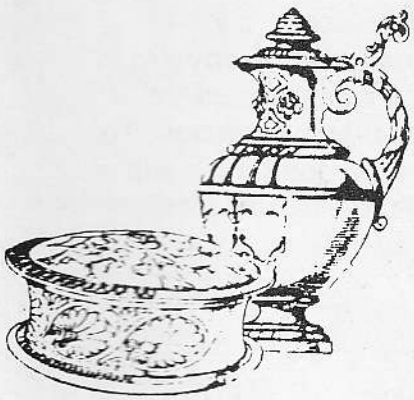
SAGE

Derived from the Latin words meaning "to save", Sage has long been regarded as a panacea. It is commonly used for all stomach and intestinal troubles, and to overcome melancholy and to improve the spirits. Drinking sage tea was believed to insure long life and wisdom--hence we refer to a wise old man as a "sage" or speak of "sage advice."

Sage also slows body secretions, and is used to stop night sweats and excessive perspiration, and to check excessive menstrual flow.

"We are happier in many ages when we are old, than when we are young. The young sow wild oats, the old grow sage."

Winston Churchill



Sage is often burned as an incense to purify the air and to kill bacteria and odors in the air. American Indians burn Sage in sweat lodges and during many of their rituals.

To burn sage: Light a charcoal incense briquet, and place in a shallow metal ashtray or incense burner. Light the charcoal, and when it gets going, heap some sage leaves on it. Walk clockwise once around the perimenter of the room while carrying the burning sage and visualizing the cleansing. Then leave the room while it burns down.

This is also a good treatment for musty basements!

SKIN TEA

This is a mixture of all the best herbs for soothing irritated skin. We've found it especially helpful for conditions like poison ivy, acne, diaper rash, chicken pox. You can make up an herb bath, or a poultice with the herbs (do not drink).

"It is easy to stand a pain,
but difficult to stand an itch."

Chinese proverb

SKULLCAP

This herb is one of the most commonly used herbal nerve sedatives. It is found in most herbal preparations for insomnia and restlessness. Skullcap is high in calcium, potassium, and magnesium, accounting for many of its remarkable effects in quieting the nervous system.

SKULLCAP is an ingredient in Hezekiah's TEA OF TRANQUILITY.

SLIPPERY ELM BARK

The inner bark of the elm tree, known as Slippery Elm, is regarded as one of nature's best demulcents--that is, it is soothing to tissues and mucous membranes. It is commonly used for sore throats, irritated stomach and intestines.

Slippery Elm is often combined with plantain, comfrey, and peppermint for the treatment of ulcers, and employed for its ability to neutralize stomach acidity and to absorb noxious gases. Its soothing nature is believed to normalize bowel function, and it is often used for colitis.

THROAT LOZENGES

Combine 3 tablespoons of slippery elm powder and 1/2 teaspoon licorice powder with enough cooking oil to make a dough.

Roll it out and use a sprinkle of slippery elm powder if it begins to stick.

Cut out lozenges with a bottle cap or cookie cutter. Let them dry in a warm place.

COMMON HERBS

SPEARMINT

This delightful herb is commonly used for digestive problems, and headaches, tension, and nervous problems. Often added to other herbal teas for its wonderful minty taste.

Spearmint is often used in cooking--when a recipe calls for "mint," it means spearmint.

In biblical times, mint was so valued that it was tithed, and was subject to a ban on sowing every seventh year, as we see in this verse:

"But woe to you, Pharisees, for you tithe mint and dill and cumin, and have neglected justice and the love of God; these you ought to have done without neglecting the others."

Luke 11:42

SWEET LEAF HERB

This herb comes from a bush found growing in Brazil. It is 8 times sweeter than sugar, yet contains no calories! To sweeten your herb tea: Use 1/8 teaspoon of Sweet Leaf for every cup of tea, and just brew it with your herbs.

TRIKATU (tree-kaw'-too)

This is a mixture of ginger, anise, and black pepper which we have found helpful to get rid of excessive mucous. To use: mix about 1/2 teaspoon with a dab of honey, and eat 20 minutes before meals or anytime. Have plenty of Kleenex on hand!

VALERIAN ROOT

One of the strongest herbal tranquilizers, Valerian makes a very soothing tea (though somewhat strong tasting). Our modern drug Valium was first made from Valerian root.

One should not use Valerian for extended periods, as the body can develop a tolerance to it.

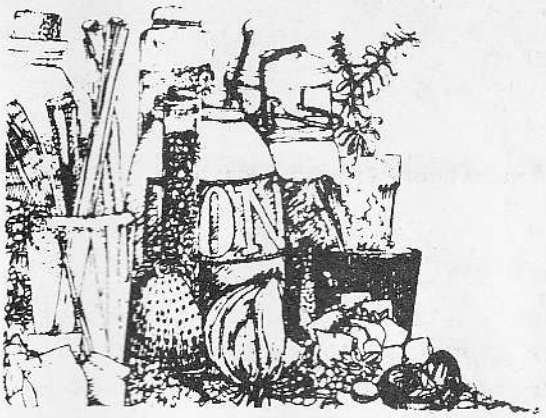
"Men who begin to fight and when you wish them to stop, give to them the juice of valerian and peace will be made immediately."

14th century herbal

VALERIAN is an ingredient of Hezehiah's Tea of Tranquility.

"Every good gift and every perfect present comes from above, from the father of lights in heaven, in whom there is no variableness, nor even shadow caused by turning."

James 1:17



PRICE LIST

Anyone who has ever spent an afternoon picking red clover blossoms can attest to the fact that herbs are very inexpensive! We are indeed fortunate to be living in a country where we are able to obtain herbs from all over the world so easily and so cheaply.

We have noted the 1 oz. price of each herb. If you buy 4 oz., 8 oz., or 1 lb. of any one herb, you receive a

BULK DISCOUNT:

4 oz. price = **1 oz.** price **X 3** (you get 1 oz. free)

8 oz. price = **1 oz.** price **X 5** (you get 3 oz. free)

16 oz. price = **1 oz.** price **X 10** less 10%
(you get 6 oz. free, plus an additional 10% off)

*Herbs marked with * have been determined to be unsafe for internal use by the Food and Drug Administration (FDA).

African Bird Pepper--- .80
Alfalfa Herb---------- .60
Aloes Powder----------1.20
Alum Root, Wild-------1.00
Angelica Root---------1.60
Asafoetida Gum
Powder 2 Oz.--------4.50
Ash Bark-------------- .70

Bath Herb Mixture-----1.50
Bayberry Bark---------1.30
Bee Pollen, Spanish---1.00
Bee Pollen, Local
4 Oz.---------------3.99

Beet Powder, 4 Oz.----2.69
Capsules--------100/6.99
Black Cohosh Root----- .80
Black Walnut Leaves--- .80
Blackberry Leaves----- .90
Bladderwack----------- .80
*Blessed Thistle Herb--1.20
Blue Cohosh Root------ .90
Blue Violet Leaves----1.40
Blueberry Leaves------1.30
Boneset Herb---------- .90
Borage Herb----------1.40
Buchu Leaves----------1.60
Buckthorn Bark--------1.00
Burdock Root----------1.00

*Calamus Root---------- .90
Calendula Flowers----- .90
Canada Snake Root-----1.20
Cascara Sagrada Bark-- .80
Catnip Herb----------1.00
Cayenne Pepper-------- .70
Capsules--------100/6.00
Cedar Chips----------- .80
Celandine Herb-------- .90
Centuary Herb---------1.20
Chamomile Flowers-----1.20
Chaparral Leaves------ .70
Chia Seeds-----------1.00
Chickweed Herb-------- .90
Cinnamon Bark--------- .60
Cleaver's Herb-------- .90
Collinsonia Root------1.40
Coltsfoot Leaves------ .80
Comfrey Root----------1.00
Capsules--------100/6.50
Comfrey Root Powder---1.00
Cornsilk-------------- .70
Couch Grass----------1.40
Cramp Bark-----------3.00
Cubeb Pepper Berries--1.70

Damiana Herb---------- .90
Damiana Herb Powder--- .90
Dandelion Leaves------ .90
Dandelion Root--------1.20
*Deerstongue Herb------1.50
Devil's Claw
Capsules--------100/7.00
Dog Grass Herb--------1.40
Dong Quai, per root---2.50
Capsules---------50/9.00
Dulse Flakes----------1.50

PRICE LIST

Echinacea Root--------1.50
Capsules--------100/6.50
Elder Flower----------1.40
*Elecampane Root------- .90
Ephedra Herb---------- .90
Eucalyptus Leaves----- .70
Eyebright Herb--------1.40

Fennel Seed---------- .70
Fenugreek Seed-------- .50
Feverfew Herb---------2.50
Five Finger Grass-----1.60
Flax Seed------------ .50
Fo - ti Root Slices---1.20
Fo - ti Root Powder---2.00
Capsules--------100/8.00
Frankincense Tears----1.50
Frankincense Powder---1.50

Gelatin Capsules
Size "0"--------100/2.75
Size "00"-------100/3.25
Gentian Root----------1.40
Ginger Root-----------1.00
Ginseng Root-See page 7-11
Golden Seal Leaves----2.60
Golden Seal Root
Powder----------3.75
Capsules---------50/9.00
Gotu Kola Herb-------- .80
Gotu Kola Powder------ .80
Capsules--------100/6.00
Gravel Root-----------1.10
Ground Ivy------------1.40
Guarana Seed Powder---3.20

Hawthorn Berries------ .70
Hawthorn Berries
Powder---------- .80
Hibiscus Flowers------1.50
Hops Flowers---------- .90
Horehound Herb-------- .70
Horsemint------------ .80
Hydrangea Root--------1.20
Horsetail Herb-------- .70
Hyssop Herb---------- .90



*Indian Hemp Herb------2.00
Irish Moss------------1.10
*Jaborandi Herb--------2.00
Jewel Weed------------1.40
Juniper Berries------- .80
*Kava Kava Root--------2.40
Kelp Powder---------- .60

Lavender Flowers------1.50
Lemon Balm Leaves-----1.40
Lemon Grass---------- .80
*Lemon Verbena Herb----2.30
Licorice Root,
Chopped---------- .80
Licorice Root,
Powder---------- .70
Licorice Sticks-------1.20
Life Everlasting
Flowers----------1.40
Linden Flowers--------1.60
*Lobelia Herb----------1.60
Lovage Root----------2.40
Lungwort Herb---------1.00

Ma Huang---------- .90
*Mandrake Root---------1.00
Marigold Flowers------ .90
Marhsmallow Root------1.60
Meadowsweet Herb------ .90
Mint Leaves---------- .80
*Mistletoe Bark-------- .90
Mormon Tea------------ .90
Motherwort Herb------- .70
*Mugwort Herb---------- .70
Mullein Leaves-------- .80
Myrrh Gum----------1.00
Myrrh Gum Powder------1.50
Myrtle Leaves---------1.00

Nettle Leaves--------- .80

*Oak Moss----------1.50
Oat Straw------------ .70
Oregon Grape Root-----1.10
Orris Root Powder-----1.30
Orris Root Chopped----1.30
Osha Root----------2.00

PRICE LIST

Papaya Leaves--------- .80
Passion Flower Herb---1.20
Parsley Leaves-------- .90
Patchouli Leaves------1.50
Pau d'arco Bark-------2.00
Capsules--------100/7.00
*Peach Tree Leaves-----1.50
Pennyroyal Herb------- .80
Peony Root-----------1.00
Peppermint Leaves----- .90
Plantain Leaves------- .90
Pleurisy Root---------1.30
Polygonum
Multiflorum---------1.20

Red Clover Blossoms--- .90
Red Raspberry Leaves-- .90
Red Root-------------1.50
Rosebuds-------------1.80
Rosehips, Chopped----- .60
Rosemary Leaves------- .60
Rue Herb-------------1.50

Safflowers-----------1.00
Sage Leaves----------1.00
*St. Johnswort Herb---- .80
*Sassafrass Root-------1.20

Skullcap Herb---------1.30
Sea Wrack------------- .80
Senna Leaves---------- .70
Shavegrass Herb------- .70
Shepherd's Purse Herb-1.00
Skin Tea-------------2.00
Slippery Elm Bark-----1.20
Slippery Elm Powder---1.30
Solomon's Seal Root---1.30
*Southernwood Herb-----1.20
Spearmint Leaves------ .80
Spikenard Root--------1.50
Squaw Vine Herb-------1.50
Stone Root-----------1.40
Strawberry Leaves----- .90
Sweet Leaf-----------1.30



POTPOURRI

Ask for our free Potpourri flyer which contains prices of our blends and potpourri ingredients, and even some of our favorite recipes.

Taheebo Herb----------2.00
*Tansy Herb-----------1.00
Trikatu--------------- .90
*Thistle Herb----------1.20

Uva Ursi Herb--------- .70
Valerian Root---------1.00
*Vervain Herb---------- .90
*Vetiver Root----------1.30

Walnut Leaves--------- .80
White Oak Bark-------- .70
Wild Cherry Bark------ .70
Wild Lettuce Herb-----1.20
Wild Yam Root---------1.40
Willow Bark----------- .80
Wintergreen Leaves----1.10
Witch Hazel Bark------ .80
Wood Betony Herb------1.00
*Woodruff Herb---------1.50
*Wormwood Herb--------- .90

Prickly Ash Bark------2.10
Psyllium Seed--------- .80
Psyllium Husk Powder--1.00

Queen of the Meadow
Herb---------------- .90

Sandalwood Chips------1.00
Sandalwood Powder-----1.00
Sanicle Herb----------1.00
Sarsasparilla Root----1.30
Saw Palmetto Powder---1.10

***Herbs marked with * have been found to be unsafe for internal use by the Food and Drug Administration.**

*Yarrow Flowers-------- .80
Yellow Dock Root------1.00
Yerba Mate------------ .70
Yerba Santa Herb------1.30

ORDER FORM

NAME _____

ADDRESS _____

CITY, STATE, ZIP CODE _____

AMOUNT	NAME OF ITEM	PRICE

MAILING FEES:	
Up to 16 oz.	$2.50
1-2 lbs.	$3.50
3 lbs.& over	$5.00

MERCHANDISE TOTAL	
6% SALES TAX (Missouri Residents)	
MAILING FEES	
TOTAL	

Please enclose check or money order for the entire amount.
We do not ship C.O.D.

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